



Hobbies

What hobbies do you have?

Vocabularies

- Psychology (n) /saɪˈkaː.lə.dʒi/
- Magazine (n) / mæg.əˈziːn/
- Structured (adj) / strnktfad/
- Stress (n) /stres/
- **Rejuvenate** (v) /rɪˈdʒuːvɪneɪt/
- Ageing (n) / erdzrŋ/

Hobbies Are Great – level 2



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Level 1

Level 2

Level 3

A psychology magazine wrote about why a hobby is important for people. Firstly, it gives you structured time. Secondly, it can **rejuvenate** you.

Thirdly, it lowers your **stress**. Fourthly, you meet more people

who also do the hobby. Fifthly, you are more interesting when you do more activities.

The sixth reason is what the hobby does to the brain: the brain grows and works better because you are learning a new skill. You learn faster and slow down **ageing**. The brain also grows more material to keep it working well.

Having a hobby helps your life in many ways!

Difficult words: rejuvenate (give you energy), stress (the body's reaction to difficult situations), ageing (getting older).

Quick check

- What did the psychology magazine write about?
- What does "rejuvenate" mean?
- What the hobby does to the brain?
- How many advantages of having a hobby based in the article?

Conversation questions:

- Can you think of a similar work for hobby?
- Did you use to collect anything as a child?
- Would you regard the following activities as leisure, work or boring?
 - Gardening
 - Doing things on your computer
 - Cleaning the house
 - Cleaning your car
 - Learning English
 - Going to the disco.

- Going to the beauty parlor
- Exchanging stickers
- Listening to music
- Watching tv series
- Reading a book

